



CARE Program



## Date Night: Dining Out Romancing The Sacred Hoop

**February 14th 6:30pm**

**Bring your significant other and come  
enjoy a night of music, laughter and  
romance**

**Age: 16 & up**

**RSVP by February 1st**

**Contact: Jen Metcalf 541-270-7365**

**Text or Call**

Limited space available please call or text today

## February is American Heart Month!

Heart disease is the leading cause of death in the U.S. Every year, 1 in 4 deaths are caused by heart disease. The good news is heart disease can often be prevented. This is why it is important to learn more about what steps you can take to help your heart!

1) Find time to be active! It is recommended to get 150 minutes of physical activity per week.



2) Make it a habit to eat healthier! Try healthier versions of your favorite recipes.

3) Quit smoking for good! For resources, call Corey Strong at 541-444-9682.



4) Work with your doctor and get your blood pressure and cholesterol levels checked regularly.

5) Take your medications regularly and talk to your doctor if a medication is not working for you.

